

WISEWOMAN: Cardiovascular Health Services

What is the WISEWOMAN program?

WISEWOMAN, or Well-Integrated Screening and Evaluation for Women Across the Nation, is a Centers for Disease Control and Prevention (CDC) program that provides prevention services for women to help them reduce their risk of heart disease and stroke.

Through Show Me Healthy Women's breast and cervical cancer control project, WISEWOMAN provides access to health screenings and lifestyle education for low-income Missouri women.

What types of screenings are available?

Screening measures follow established national guidelines and standards of care. The measures include:

- ❖ blood pressure
- ❖ cholesterol
- ❖ blood glucose
- ❖ waist circumference
- ❖ body mass index (height and weight)

What is lifestyle education?

Lifestyle education focuses on changing lifestyle behaviors that increase the risk for developing heart disease. These problem habits include:

- ❖ smoking
- ❖ low physical activity
- ❖ high saturated fat intake
- ❖ low consumption of fruits and vegetables

Lifestyle education is tailored for each individual using either one-on-one or group sessions.

Why does the program focus on heart disease?

Heart disease is a woman's disease. In fact among women, heart disease is the leading cause of death. Unfortunately it is often undiagnosed. *More than 40 percent of the women who died in Missouri in 2002 lost their lives to heart disease.*

WISEWOMAN provides free screening and education to reduce the risk of heart disease and stroke.

If you are a Show Me Healthy Women participant over the age of 40, you may be eligible for WISEWOMAN services. For information call:

573-522-2845



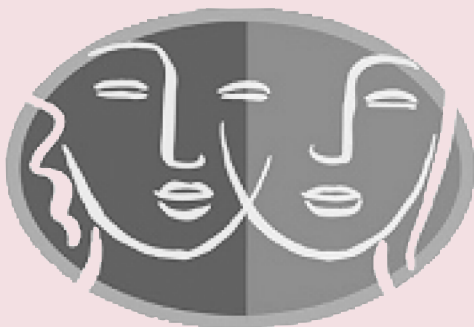
GUIDELINES

You may be eligible for WISEWOMAN services if you are:

- ❖ age 40-64, or older if not eligible for Medicare Part B
- ❖ receive well-woman services from Show Me Healthy Women

Women who participate in WISEWOMAN services are scheduled for annual screenings to measure changes in risk factors and lifestyle habits.

WISEWOMAN services are provided at no cost to participating women.



WISEWOMAN™



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and Senior Services
Show Me Healthy Women
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Services provided on a nondiscriminatory basis.

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be obtained by contacting
573-522-2845
Hearing impaired citizens telephone
1-800-735-2966

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*Empowering Women
to Build Healthy Hearts*



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